



Adult Dance Classes ♥

Ballet: Adult

Enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. This class is for students seeking an introduction to ballet or experienced dancers who just want to dance. Please note that students wanting to wear pointe shoes may do so at their own risk and at the discretion of the instructor.

Harding Community Center: Recreation Hall

Instructor: Carlsbad Academy of Dance Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58521	8:30-9:30am	Sa	Sep 14-Oct 19	6c	\$60/\$70
58522	8:30-9:30am	Sa	Nov 2-Dec 14	7c	\$70/\$80

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58585	6:00-7:00pm	Th	Sep 12-Oct 17	6c	\$60/\$70
58586	6:00-7:00pm	Th	Oct 31-Dec 12	6c	\$60/\$70

Country Line Dance

Beginning

Come on out and kick up your heels! Line dance to your favorite country and contemporary music. Choreography for beginning levels provides excellent health benefits by improving muscle strength, toning, increased flexibility and cardio fitness. Please wear suede/leather soled dance shoes. Drop in \$10.

Stagecoach Community Center: Activity Room

Instructor: Vicki Kalin Deriso

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58158	6:30-7:30pm	Tu	Sep 10-Oct 15	6c	\$54/\$64
58159	6:30-7:30pm	Tu	Oct 29-Dec 10	6c	\$54/\$64

Intermediate

Come on out and kick up your heels! Line dance to your favorite country and contemporary music. Choreography for intermediate levels provides excellent health benefits by improving muscle strength, toning, increased flexibility, and cardio fitness. Please wear suede/leather soled dance shoes. Drop in \$10.

Stagecoach Community Center: Activity Room

Instructor: Vicki Kalin Deriso

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58160	7:35-8:35pm	Tu	Sep 10-Oct 15	6c	\$54/\$64
58166	7:35-8:35pm	Tu	Oct 29-Dec 10	6c	\$54/\$64

Cuban Salsa: Rueda de Casino

Come learn an international favorite! Cuban Salsa danced in a circle switching partners, also called 'Rueda de Casino.' This is a fun way to dance with everyone and learn some Spanish along the way. Similar to square dancing, this dance creates community spirit that keeps people coming back for more. Drop in \$10. No class Monday, October 14, November 11, 25, and December 2

Calavera Hills Community Center: Activity Room

Instructor: Maritza Baida

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58152	7:30-8:30pm	M	Sep 9-Oct 28	7c	\$56/\$66
58153	7:30-8:30pm	M	Nov 4-Dec 16	4c	\$33/\$43

Jitterbug Swing

Beginner

Would you like to Swing dance with self-confidence? This is the world's most popular swing dance and is performed to many big band and rock songs. We'll focus on rhythm, lead/follow and learn basic steps and turns. Singles are welcome; couples will not be separated. \$10 materials fee due the first night to the instructor.

Harding Community Center: Recreation Hall

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58172	7:00-8:00pm	W	Sep 11-Oct 16	6c	\$66/\$76

Intermediate

Now that you're having fun, let's get working on those wonderful Jitterbug steps and turns! You will learn more intricate arm work and various step rhythms. Enjoy practicing this high energy dance to Rock a Billy music from the 30's, 40's and 50's. Singles are welcome, couples will not be separated. \$10 materials fee due the first night to the instructor.

Harding Community Center: Recreation Hall

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58177	8:00-9:00pm	W	Oct 30-Dec 11	6c	\$66/\$76

Lead, Follow or Get off the Dance Floor!

Leading or following well can be the most stimulating form of exercise and a way to connect with your Partner. You can use these exercises and techniques in any social partner dance. This exciting workshop will fine tune your dancing and give you a greater depth of understanding your role. A \$10 material fee is due to the instructor at the beginning of workshop. Workshop is for couples only.

Harding Community Center: Recreation Hall

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58174	7:00-8:30pm	W	Oct 23	1c	\$30/\$40



Line Dance

Improver

This experienced beginners group will move up to the next level learning current choreography to a variety of music genre's including country, Latin, pop, classic and waltzes, etc. Line dancing is a physical and mental workout. Come out and dance with us enjoying this great activity. Drop in \$10. No class Wednesday, November 20.

Senior Center: Activity Room

Instructor: Barbara Miranda

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58477	7:00-8:00pm	W	Sep 11-Oct 16	6c	\$37/\$47
58478	7:00-8:00pm	W	Oct 30-Dec 11	6c	\$37/\$47

Intermediate/Advanced

The well experienced line dancer will learn new choreography to various music genres in line with the international line dance community. Join a friendly group for fun and exercise. Instructor has over 18 years line dance experience, attending multiple conventions annually. Drop in \$10.

Senior Center: Activity Room

Instructor: Barbara Miranda

Age: 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58475	5:00-7:00pm	W	Sep 11-Oct 16	6c	\$47/\$57
58476	5:00-7:00pm	W	Oct 30-Dec 11	6c	\$47/\$57

Nite Club Two Step

Beginner

This very romantic and elegant dance was created for slow dance songs. The simple steps will have you on the dance floor in no time. It is a perfect Wedding first dance since it works well with most love ballads. Singles are welcome; couples will not be separated. \$10 materials fee due the first night to the instructor.

Harding Community Center: Recreation Hall

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58175	7:00-8:00pm	W	Oct 30-Dec 11	6c	\$66/\$76

Salsa-On-Clave

Come learn dancing salsa to the 'clave beat' as it is danced in Cuba. This is a beginner's course on salsa where the accent in the foot work and movement is on the 4th beat of the music. This dance will heighten your senses to dance to the music and improve musicality and have a lot of fun! Drop in \$10.

Calavera Hills Community Center: Activity Room

Instructor: Maritza Baida

Age: 18Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58339	7:30-8:30pm	Tu	Sep 10-Oct 29	8c	\$64/\$74
58340	7:30-8:30pm	Tu	Nov 5-Dec 17	5c	\$40/\$50

Soul Line Dancing

Beginner

The hottest trend in dance! If you love, R&B, Soul and Hip-Hop music, and love to line dance, this is perfect for you. These dances can be done by all ages and levels. Learn some cool freestyle moves that will get you in shape while dancing to great music. Singles and couples are welcome. \$10 material fee due at first class to the instructor.

Harding Community Center: Auditorium

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58169	7:30-8:30pm	M	Sep 9-Oct 7	5c	\$55/\$65
58170	7:30-8:30pm	M	Oct 28-Dec 9	6c	\$66/\$76

West Coast Swing

Intermediate

Now that you've got the basic steps in West Coast Swing, let's kick it up a notch and start to move with some incredibly fun turns! We'll work on more great step patterns, smooth styling and the intricate lead and follow techniques. \$10 materials fee due at the first class to the instructor. Singles welcome, couples will not be separated.

Harding Community Center: Recreation Hall

Instructor: Christy Johnson

Age: 16Y - 86Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58176	8:00-9:00pm	W	Sep 11-Oct 16	6c	\$66/\$76

Youth Dance Classes ♥

Youth dance classes are continuous programs offered throughout the year. Classes that do not offer recital participation are indicated. Online registration is available for open registration classes.

Participation in recitals, exhibitions or competitions that may be offered by individual instructors is optional and considered outside of the dance programs offered by City of Carlsbad Park & Recreation. Additional fees or costs associated with participation in recital, exhibitions or competitions are not included in the course fees. For recital programming the final sessions prior to the performance are priority only and require registration in the previous sessions. These priority classes are not available for online registration.

Petite Ballerina

Dance fosters good posture, grace and musicality while encouraging creativity and self-expression through movement. This introductory class fosters a love of dance. Classes consist of warm up and stretches. Dancers also perform exercises across the floor and in center.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58511	1:30-2:15pm	Th	Sep 12-Oct 31	8c	\$64/\$74
58512	1:30-2:15pm	Th	Nov 7-Dec 19	6c	\$48/\$58
58513	2:15-3:00pm	Th	Sep 12-Oct 31	8c	\$64/\$74
58514	2:15-3:00pm	Th	Nov 7-Dec 19	6c	\$48/\$58

Ballet I

Dance fosters good posture, grace and musicality while encouraging creativity and self-expression through movement. This introductory class fosters a love of dance. Classes consist of warm up and stretches. Dancers also perform exercises across the floor and in center.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts

Age: 6Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58509	3:00-4:00pm	Th	Sep 12-Oct 31	8c	\$64/\$74
58510	3:00-4:00pm	Th	Nov 7-Dec 19	6c	\$48/\$58

Princess Ballet: Non-recital

This magical class is for every little girl who dreams of becoming a princess! Using wands, wings, crowns, dress-up and more, they will be learning grace and poise and the fundamentals of ballet as they become transformed into their favorite princess and learn dances from all their favorite songs!

Calavera Hills Community Center: Activity Room

Instructor: Carlsbad Academy of Dance

Age: 3Y - 6Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58525	10:45-11:30am	Tu	Sep 10-Oct 15	6c	\$48/\$58
58526	10:45-11:30am	Tu	Oct 29-Dec 10	7c	\$56/\$66

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance

Age: 3Y - 6Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58527	1:00-1:45pm	Th	Sep 12-Oct 17	6c	\$48/\$58
58528	1:00-1:45pm	Th	Oct 31-Dec 12	6c	\$48/\$58

Princess Ballet/Tap: Non-recital

We will use a variety of props to enhance their imagination and enjoyment through two fundamental styles of dance. Each class your little girl will become the princess of her dreams! This is a great class for children who are getting ready to attend preschool for the first time.

Harding Community Center: Recreation Hall

Instructor: Carlsbad Academy of Dance **Age: 3Y - 6Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58515	10:00-10:45am	F	Sep 13-Oct 18	6c	\$48/\$58
58516	10:00-10:45am	F	Nov 1-Dec 13	6c	\$48/\$58
58517	10:00-10:45am	Sa	Sep 14-Oct 19	6c	\$48/\$58
58518	10:00-10:45am	Sa	Nov 2-Dec 14	7c	\$56/\$66

Ballet & Tap I

Dance fosters good posture, grace and musicality while encouraging creativity and self-expression through movement. Class consists of warm-up, stretches, exercises in the center and across the floor. Dancers will also learn to do shuffles, flaps, flap heels, toe taps and heel drops in various combinations.

Calavera Hills Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 4Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58557	3:30-4:20pm	Tu	Sep 10-Oct 15	6c	\$48/\$58
58558	3:30-4:20pm	Tu	Oct 29-Dec 10	7c	\$56/\$66

Ballet I

Dance fosters good posture, grace and musicality while encouraging creativity and self-confidence through movement. This introductory class fosters a love of dance. Classes consist of warm up, stretches and working at the barre. Dancers also perform exercises across the floor and in center.

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 4Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58533	2:00-2:45pm	Th	Sep 12-Oct 17	6c	\$48/\$58
58534	2:00-2:45pm	Th	Oct 31-Dec 12	6c	\$48/\$58

Ballet I-II

Prerequisite: One year of Ballet. This level helps little dancers grow by introducing new steps and emphasizing correct body mechanics. Good posture, grace and musicality are fostered. Dancers are exposed to ballet terminology and history. Basic barre exercises across the floor and in center. Exercises, games and dances reinforce coordination skills, musicality and a growing familiarity with ballet steps.

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 5Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58535	3:10-4:00pm	Th	Sep 12-Oct 17	6c	\$48/\$58
58536	3:10-4:00pm	Th	Oct 31-Dec 12	6c	\$48/\$58

Ballet II

Prerequisite: One year of Ballet I. Dancers are introduced to new steps and emphasize correct body mechanics. Good posture, grace, terminology and musicality are fostered. Each class consists of an instructor led warm up and stretch, a basic barre, exercises across the floor and in center.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts **Age: 7Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58499	4:00-4:55pm	Tu	Sep 10-Oct 29	8c	\$64/\$74
58500	4:00-4:55pm	Tu	Nov 5-Dec 17	7c	\$56/\$66

Ballet II-III

Teacher discretion: Prerequisite of two years of Ballet I or mastery of Ballet I curriculum. Ballet II-III is for the dancer who is ready for the challenge of improving their skills that were learned in the previous level and who are ready for more complicated combinations and patterns. Terminology will be continued as new steps are introduced.

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 5Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58541	3:00-4:00pm	M	Sep 9-Oct 7	5c	\$40/\$50
58542	3:00-4:00pm	M	Oct 28-Dec 9	6c	\$48/\$58

Ballet III

Prerequisite: Mastery of Ballet II-III curriculum. Clean double pirouette, 90 degree extension, strong center, demonstrated understanding of proper placement, proficient grasp of Ballet II-III steps and terminology. Students work on refining their personal understanding of proper technique and placement.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts **Age: 7Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58505	4:00-5:30pm	Th	Sep 12-Oct 31	8c	\$80/\$90
58506	4:00-5:30pm	Th	Nov 7-Dec 19	6c	\$60/\$70

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58543	4:00-5:00pm	M	Sep 9-Oct 7	5c	\$48/\$58
58544	4:00-5:00pm	M	Oct 28-Dec 9	6c	\$58/\$68

Ballet III-IV

Prerequisite: Mastery of Ballet II-III curriculum. Focus on proper execution and technique. Dancers will dedicate about 30 minutes at the barre followed by stretching. Center and combinations across the floor will include working on various pirouettes, jetes, double and triple piques, grand fouette, attitude turns, petit allegro and adagio will be included.

Calavera Hills Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58549	4:30-5:30pm	Tu	Sep 10-Oct 15	6c	\$58/\$68
58550	4:30-5:30pm	Tu	Oct 29-Dec 10	7c	\$67/\$77

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58547	5:00-6:00pm	M	Sep 9-Oct 7	5c	\$48/\$58
58548	5:00-6:00pm	M	Oct 28-Dec 9	6c	\$48/\$58

Ballet IV and Pointe

Dancers progress with current advanced ballet experience, and focus on fine tuning their technique. Combinations will be generally focused toward pointe. Ballet vocabulary will be revised. For those looking to start pointe, new shoes may be worn during class warm up.

Harding Community Center: Recreation Hall

Instructor: Chris Laing

Age: 10Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58184	5:15-6:15pm	F	Sep 13-Oct 18	6c	\$48/\$58
58185	5:15-6:15pm	F	Nov 1-Dec 13	6c	\$48/\$58

Ballet IV: Pre Pointe and Pointe

Prerequisite: Mastery of Ballet III-IV curriculum. Dancers build on previous ballet experience, and focus on fine tuning techniques and working on advanced combinations. Beginning pointe and preparation for pointe will also be emphasized.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts

Age: 7Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58497	5:00-6:30pm	M	Sep 9-Oct 28	7c	\$70/\$80
58498	5:00-6:30pm	M	Nov 4-Dec 16	6c	\$60/\$70

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance

Age: 11Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58551	6:00-6:55pm	M	Sep 9-Oct 7	5c	\$48/\$58
58552	6:00-6:55pm	M	Oct 28-Dec 9	6c	\$58/\$68

Jazz I

Emphasis on strengthening and flexibility as well as simple rhythmic steps like pas de burres progressing to jumps and turns. Across the floor combinations build on musicality and coordination.

Stagecoach Community Center: Activity Room

Instructor: Chris Laing

Age: 7Y - 11Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58178	4:30-5:30pm	W	Sep 11-Oct 16	6c	\$48/\$58
58179	4:30-5:30pm	W	Oct 30-Dec 4	6c	\$48/\$58

Jazz & Tap I

Music and movement encourages an appreciation of dance. Class consists of isolations, battements, and chasses. Dancers will learn to point and flex their toes, stretch, clap and keep in time with the music as well as shuffles, flaps, flap heels, toe taps, heel drops in all various combinations with the music.

Harding Community Center: Auditorium

Instructor: Academy of Performing Arts

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58489	2:00-2:55pm	M	Sep 9-Oct 28	7c	\$56/\$66
58490	2:00-2:55pm	M	Nov 4-Dec 16	6c	\$48/\$58

Harding Community Center: Auditorium

Instructor: Academy of Performing Arts

Age: 6Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58491	3:00-3:55pm	Tu	Sep 10-Oct 29	8c	\$64/\$74
58492	3:00-3:55pm	Tu	Nov 5-Dec 17	7c	\$56/\$66

The City of Carlsbad *Difference*



When you register your children in City of Carlsbad programs, you can rest assured that they are in safe hands with program leaders who are:

- Professionally trained
- Background checked
- Fingerprinted
- First aid and CPR certified



NEW Jazz & Tap I-II

Dancers build on their current experience, and focus on fine tuning their technique. Students will learn isolations, pirouettes, and leap combinations across the floor. Tap will consist of shuffles, flaps, flap heels, toe taps, heel drops and be taught faster rhythms and combinations.

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 6Y - 16Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58537	4:00-5:00pm	Th	Sep 12-Oct 17	6c	\$58/\$68
58538	4:00-5:00pm	Th	Oct 31-Dec 12	6c	\$58/\$68

Jazz & Tap II

Advancement to this level will build on previous dance steps and begin to work on proper body mechanics and memory. Students will learn pirouettes, more advanced stretching, and grand jetes. Tap instruction will introduce more combinations and faster rhythms.

Harding Community Center: Auditorium

Instructor: Academy of Performing Arts **Age: 7Y - 13Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58493	2:55-3:55pm	M	Sep 9-Oct 28	7c	\$56/\$66
58494	2:55-3:55pm	M	Nov 4-Dec 16	6c	\$48/\$58

Jazz & Tap III

In this class students spend two thirds of the class focused on jazz. Emphasis on strengthening and flexibility as well as advanced jumps and turns will be introduced. Large second jumps, axles, chaine turn combinations, battement combinations, tilts and leg lifts will be introduced.

Harding Community Center: Auditorium

Instructor: Academy of Performing Arts **Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58503	5:00-6:00pm	Tu	Sep 10-Oct 29	8c	\$64/\$74
58504	5:00-6:00pm	Tu	Nov 5-Dec 17	7c	\$56/\$66

Leaps & Turns

This Leaps and Turns class is a specialty class designed to teach proper technique for turns (chaines, pirouettes, piques, axles, etc.) We recommend this class be taken along with a student's regular dance class but not in place of their dance class. The instructor will also focus on technical execution of advanced turn sequences and leap combinations.

Calavera Hills Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58523	5:30-7:00pm	Tu	Sep 10-Oct 15	6c	\$58/\$68
58524	5:30-7:00pm	Tu	Oct 29-Dec 10	7c	\$67/\$77

Lyrical I

This beginning class encourages a love of dance. Warm up stretches and across the floor and center exercises are covered. An understanding of ballet is preferred, but not required, as lyrical builds on ballet movement. Lyrical attire is similar to that of a ballet class and dance shoes are required.

Harding Community Center: Recreation Hall

Instructor: Chris Laing **Age: 8Y - 14Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58182	4:00-5:00pm	F	Sep 13-Oct 18	6c	\$48/\$58
58183	4:00-5:00pm	F	Nov 1-Dec 13	6c	\$48/\$58

Lyrical I-II

Dancers build on their current experience, and focus on fine tuning their technique. Students will learn isolations, pirouettes, and leap combinations across the floor. Tap will consist of shuffles, flaps, flap heels, toe taps, heel drops and be taught faster rhythms and combinations. Lyrical builds on elements of ballet. Dance will be expressed through the lyrics of music, demonstrating how lyrical song and movement go together.

Stagecoach Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 6Y - 16Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58539	5:00-6:00pm	Th	Sep 12-Oct 17	6c	\$58/\$68
58540	5:00-6:00pm	Th	Oct 31-Dec 12	6c	\$58/\$68

Lyrical II

As you continue to develop your skills, floor combinations will include routines that further tune musicality and rhythm. Jumps and turns combined with self-coordination is worked on and developed too. Lyrical attire is similar to that of a ballet class and dance shoes are required.

Stagecoach Community Center: Activity Room

Instructor: Chris Laing **Age: 10Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58180	5:30-6:30pm	W	Sep 11-Oct 16	6c	\$48/\$58
58181	5:30-6:30pm	W	Oct 30-Dec 4	6c	\$48/\$58

Lyrical/Contemporary

Dancers will warm up, strengthen and stretch. This level focuses on lyrical combinations and progressions. Dancers will combine both ballet technique and various jazz styles, along with contemporary music.

Harding Community Center: Recreation Hall

Instructor: Academy of Performing Arts **Age: 7Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58495	4:00-5:00pm	M	Sep 9-Oct 28	7c	\$56/\$66
58496	4:00-5:00pm	M	Nov 4-Dec 16	6c	\$48/\$58

Stretch & Strengthening: Dance Core Conditioning

This class will consist of various stretch exercises and strength building moves using stability balls, resistance bands, weights and more to sculpt all your major muscle groups. Class is designed to increase range of motion and to improve flexibility. Conditioning for dance improves your technique and performance in all dance forms by strengthening the body's core (abdominal and back muscles) while improving coordination, balance, turnout and flexibility.

Calavera Hills Community Center: Activity Room

Instructor: Carlsbad Academy of Dance **Age: 8Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
58587	4:30-5:30pm	Tu	Sep 10-Oct 15	6c	\$58/\$68
58588	4:30-5:30pm	Tu	Oct 29-Dec 10	7c	\$67/\$77